



United States Department of Agriculture

What's? Cooking



USDA MIXING BOWL

Cookbook

Easy Pantry Recipes

By USDA Foods

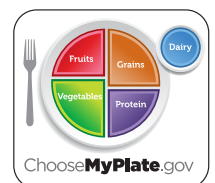


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15-Minute Enchiladas

Makes: 8 Servings

This is quick to make. When you need a main dish right away, try this enchilada recipe.

Ingredients

- nonstick cooking spray
- 3 cups** chili without beans (1 can, about 24 ounces)
- 1 1/2 cups** canned refried beans, low-sodium, non-fat
- 2 cups** low-fat Cheddar or Monterey jack cheese (shredded)
- 8** flour tortillas, large size

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Recipe adapted from Food.com

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 310 | |
| Total Fat | 17 g | |
| Protein | 17 g | |
| Carbohydrates | 23 g | |
| Dietary Fiber | 4 g | |
| Saturated Fat | 6 g | |
| Sodium | 500 mg | |

5 A Day Salad

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 4 cups spinach (fresh)
- 4 cups romaine lettuce
- 2 cups green pepper (chopped, or use red, yellow, or orange)
- 2 cups cherry tomatoes
- 1 cup broccoli (chopped)
- 1 cup cauliflower (chopped)
- 1 cup yellow squash (sliced)
- 2 cups cucumber (sliced)
- 2 cups carrot (chopped)
- 1 cup zucchini (sliced)

Directions

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Notes

The dressing is not included in the nutritional analysis.

Each serving = 5 cups of vegetables (Eight 5-A-Day servings).

Centers for Disease Control, 5 A Day for Better Health Program.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 110 | |
| Total Fat | 1 g | 2% |
| Protein | 6 g | |
| Carbohydrates | 23 g | 8% |
| Dietary Fiber | 8 g | 32% |
| Saturated Fat | 0 g | 0% |
| Sodium | 100 mg | 4% |

Ambrosia

Rating: ★★★★★

Makes: 8 servings

Ingredients

- 1 can pineapple chunks (in juice, 20 oz., drained)
- 1 can mandarin orange (11 oz., drained)
- 1 banana (peeled and sliced)
- 1 1/2 cups grape (seedless)
- 3/4 cup marshmallows (miniature)
- 1/3 cup coconut (flaked)
- 1 carton vanilla yogurt (8 oz., low-fat)

Directions

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.
5. Serve.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 150 | |
| Total Fat | 1.5 g | 2% |
| Protein | 3 g | |
| Carbohydrates | 33 g | 11% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 1 g | 5% |
| Sodium | 35 mg | 1% |

Angel Food Cake

Makes: 12 Servings

Ingredients

1 1/2 cups egg whites
1 teaspoon cream of tartar
1 1/2 cups sugar
1 teaspoon vanilla extract
1/4 teaspoon salt
1 cup flour (sifted)

Directions

1. Preheat the oven to 325°F. In a large mixing bowl, beat the egg whites until they are foamy.
2. Add the cream of tartar and beat until stiff, but not dry. Gradually beat in the sugar
3. Add the vanilla and salt and then gently fold in the flour.
4. Pour the mix into an angel food tubular pan and bake for 1 hour and 15 minutes, or until the top is nicely browned.

Angel Food Pastry with Fresh Berries and Whipped Cream

Rating: ★★★★★

Makes: 1 Servings

Ingredients

- 1 ounce** angel food cake mix (3 tablespoons)
- 1/8 cup** yogurt, low-fat vanilla
- 3** raspberries
- 2** strawberries, sliced
- 1 1/2 tablespoons** non-fat whipped topping (can use 1-2 Tablespoons)

Directions

1. Scoop 3 Tablespoons of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 Tablespoons of vanilla yogurt and stir.
3. Place in the center of the microwave oven and microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute.
5. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.
6. Dole 1 Tablespoon of whipped topping on top of the cake.
7. Sprinkle raspberries around the angel cake and add sliced strawberries to top.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 205 | |
| Total Fat | 0 g | 0% |
| Protein | 5 g | |
| Carbohydrates | 46 g | 15% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | 0 g | 0% |
| Sodium | 376 mg | 16% |

MyPlate Food Groups

| | |
|--------|---------|
| Fruits | 1/2 cup |
| Grains | 1 ounce |
| Dairy | 1/4 cup |

8. Enjoy.

CSAAC (Community Services for Autistic Adults and Children)

Any Days a Picnic Chicken Salad

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 1/2 cups chicken breast (cooked, diced)
1/2 cup celery (chopped)
1/4 cup onion (chopped)
3 packages pickle relish (2/3 tablespoon)
1/2 cup mayonnaise (light)

Directions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

1. Make chicken salad sandwiches.
2. Make a pasta salad by mixing with 2 cups cooked pasta.
3. Kids will love this salad served in a tomato or a cucumber boat.

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 160 | |
| Total Fat | 8 g | 12% |
| Protein | 17 g | |
| Carbohydrates | 4 g | 1% |
| Dietary Fiber | 0 g | 0% |
| Saturated Fat | 1.5 g | 8% |
| Sodium | 220 mg | 9% |

Apple & Chicken Salad

Rating: ★★☆☆

Makes: 4 Servings

A deliciously balanced blend of crisp Cameo apples, celery, raisins, chicken breast and Greek yogurt-based dressing, served over a bed of lettuce.

Ingredients

- 2 red apples (such as Cameo Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

Directions

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

Notes

Weekly Menu Planning Tip: When you're planning a dinner with chicken cook up extra chicken breast and refrigerate for later use in this salad.

Serve with 8 oz non-fat milk and 1 slice rustic whole grain bread.



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 290 | |
| Total Fat | 8 g | 12% |
| Protein | 25 g | |
| Carbohydrates | 34 g | 11% |
| Dietary Fiber | 4 g | 15% |
| Saturated Fat | 1.5 g | 8% |
| Sodium | 330 mg | 14% |

MyPlate Food Groups

| | |
|---------------|--------------|
| Fruits | 1 cup |
| Vegetables | 1/2 cup |
| Protein Foods | 2 1/2 ounces |

Apple and Celery Salad

Makes: 6 Servings

This recipe will help you to make half your plate fruits and vegetables. Celery can be eaten raw or cooked.

Ingredients

- 1 tablespoon** orange juice
- 2 tablespoons** light mayonnaise
- 2 cups** apples (diced)
- 1 cup** celery (diced)
- 1/2 cup** raisins
- 1/2 cup** peanuts (chopped)

Directions

1. In a large bowl, mix orange juice with mayonnaise.
2. Add apples, celery, raisins, and peanuts to the dressing mixture and stir well.
3. Serve at room temperature or chilled.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 150 | |
| Total Fat | 8 g | |
| Protein | 1 g | |
| Carbohydrates | 19 g | |
| Dietary Fiber | 2 g | |
| Saturated Fat | 1 g | |
| Sodium | 40 mg | |

Apple Cake

Rating: ★★ ★

Makes: 12 servings

Ingredients

10 tablespoons butter
3/4 cup sugar
3 egg
1 3/4 cups flour (sifted)
2 teaspoons baking powder
1 tablespoon lemon rind (grated)
2 apple (medium, pared, cored, sliced)
2 teaspoons sugar
8 tablespoons apricot jam (1/2 cup)

Directions

1. Beat butter with sugar until creamy.
2. Add eggs one at a time, beating until well blended.
3. Add flour, baking powder, and lemon rind, beat 4 minutes.
4. Pour into greased 9-inch spring-form pan.
5. Arrange the apples on the batter, sprinkle with 2 teaspoons sugar.
6. Bake 1 hour at 350 degrees.
7. Remove from pan, brush apples with jam, cool.

University of Illinois, Extension Service, Wellness Ways Resource Book: Taste of the World

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | NA | |
| Total Fat | NA | |
| Protein | 4 g | |
| Carbohydrates | 39 g | 13% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | NA | |
| Sodium | NA | |

Apple Coleslaw

Rating: ★★ ★

Makes: 4 servings

Ingredients

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

Directions

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.

Notes

Add salt and pepper to taste.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 60 | |
| Total Fat | 1.5 g | 2% |
| Protein | 2 g | |
| Carbohydrates | 11 g | 4% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 0 g | 0% |
| Sodium | 60 mg | 3% |

Apple Cranberry Salad Toss

Rating: ★★★★★

Makes: 8 servings

Enjoy the best of fall flavors with this sweet and tart green salad. Light yet crisp, it's a perfect dish for the autumnal change of weather.

Ingredients

- 1 head of lettuce (about 10 cups)
- 2 apple (medium, sliced)
- 1/2 cup walnuts (chopped)
- 1 cup dried cranberries
- 1/2 cup green onion (sliced)
- 3/4 cup vinaigrette dressing

Directions

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household ProgramsFood Distribution Service



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 140 | |
| Total Fat | 5 g | 8% |
| Protein | 2 g | |
| Carbohydrates | 24 g | 8% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 0 g | 0% |
| Sodium | 10 mg | 0% |

Apple Crisp

Rating: ★★★★★

Makes: 8 servings

Ingredients

4 apple (medium)
 1/4 cup oatmeal (quick cooking)
 1/4 cup flour
 1/2 cup brown sugar
 1 tablespoon cinnamon
 1/4 cup margarine

Directions

1. Preheat the oven to 350 degrees F.
2. Grease the bottom and sides of the square pan.
3. Remove the cores from the apples. Slice the apples.
4. Spread the sliced apples on the bottom of the pan.
5. Cut the margarine into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar and cinnamon.
7. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.
9. Bake in the oven for about 20 minutes.

Notes

For different tastes, try other fruits like cherries, pears,



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 170 | |
| Total Fat | 6 g | 9% |
| Protein | NA | |
| Carbohydrates | NA | |
| Dietary Fiber | NA | |
| Saturated Fat | 1 g | 5% |
| Sodium | NA | |

peaches, or plums.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Apple Raisin Tossed Salad

Makes: 8 Servings

Fresh apples add crunch to this refreshing salad. Other ways to use fresh apples: dip slices in peanut butter, bake them, or chop them into stuffing and sauces.

Ingredients

- 1 head of lettuce (chopped, about 10 cups)
- 2 apples (medium, sliced)
- 1/2 cup walnuts (chopped, if you like)
- 1 cup raisins
- 1/2 cup green onions (sliced)
- 3/4 cup light or reduced-fat red wine vinaigrette (or Italian salad dressing)

Directions

1. Toss lettuce, apples, raisins, and onions in large bowl. If using walnuts, add that too.
 2. Add dressing; mix well.
- Serve right away or refrigerate until ready to serve.

Notes

Tips: Use 1 cup dried cranberries in place of the raisins.

Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 150 | |
| Total Fat | 8 g | |
| Protein | 2 g | |
| Carbohydrates | 20 g | |
| Dietary Fiber | 3 g | |
| Saturated Fat | 1 g | |
| Sodium | 290 mg | |

Applesauce

Rating: ★★★★★

Cook time: 35 minutes

Makes: 10 servings

Ingredients

7 apple (cut in quarters)

1/2 cup water

1/4 cup sugar

Directions

1. Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased.
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until sugar is dissolved.
5. Serving suggestion - add 1 Tablespoon cinnamon and stir before serving.

Notes

Additional sugar can be added to increase sweetness.
Brown sugar can be used instead of white.

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | NA | |
| Total Fat | NA | |
| Protein | 0 g | |
| Carbohydrates | 19 g | 6% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | NA | |
| Sodium | NA | |

Asian Coleslaw

Rating: ★★ ★

Makes: 12 servings

Ingredients

4 cups shredded cabbage (16 ounce bag of coleslaw mix)
1 1/3 cups Mandarin oranges (drained)
 peanuts (optional)
 Dressing Ingredients:
2/3 cup light Italian dressing
2 tablespoons soy sauce (low-sodium)

Directions

1. Mix together the coleslaw mix, nuts and mandarin oranges in a large bowl.
2. Stir in the Italian dressing and soy sauce.

Maryland Food Supplement Nutrition Education Program, 2009 Re

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 45 | |
| Total Fat | 2.5 g | 4% |
| Protein | 1 g | |
| Carbohydrates | 6 g | 2% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | 0 g | 0% |
| Sodium | 210 mg | 9% |

Baked Beans

Makes: 6 servings

Ingredients

- 1 1/2 cups** navy, kidney or lima beans (dry, sorted and rinsed)
- 2 cups** water
- 2 cups** apple juice
- 1 teaspoon** salt
- 2 tablespoons** molasses
- 1/2 cup** ketchup
- 2 teaspoons** vinegar
- 1 teaspoon** mustard (dried)

Directions

1. Combine apple juice and water. Bring to a boil.
2. Add beans and simmer for 2 1/2 hours until beans are tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients in greased baking dish.
5. Cover and bake at 250° for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 230 | |
| Total Fat | 0 g | 0% |
| Protein | 11 g | |
| Carbohydrates | 45 g | 15% |
| Dietary Fiber | 11 g | 44% |
| Saturated Fat | 0 g | 0% |
| Sodium | 630 mg | 26% |

Baked Chicken

Rating: ★★☆☆

Makes: 5 servings

Ingredients

1 pound chicken, boneless, skinless
1 teaspoon garlic powder
1 teaspoon pepper
salt (optional)

Directions

1. Preheat the oven to 350 degrees.
2. Put the chicken in a baking pan or casserole dish.
3. Sprinkle with garlic powder and pepper to taste.
4. Bake for 1 hour.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 110 | |
| Total Fat | 4 g | 6% |
| Protein | 16 g | 0% |
| Carbohydrates | 1 g | 0% |
| Dietary Fiber | 0 g | 0% |
| Saturated Fat | 1 g | 5% |
| Sodium | 45 mg | 2% |

Baked Pumpkin

Rating: ★★ ★

Makes: 8 servings

Ingredients

- 1 small pumpkin (small, peeled and cut into cubes)
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Place pumpkin cubes in a baking dish and sprinkle with sugar and salt.
3. Cover pan with foil and bake until soft.
4. Sprinkle with cinnamon.

USDA Food Distribution Program on Indian Reservations, A River Commodity Foods

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 110 | |
| Total Fat | 0 g | 0% |
| Protein | 1 g | |
| Carbohydrates | 29 g | 10% |
| Dietary Fiber | 0 g | 0% |
| Saturated Fat | 0 g | 0% |
| Sodium | 290 mg | 12% |

Basic Baked Chicken

Rating: ★★★★★

Makes: 5 Servings

Make a main dish easily by using this basic recipe for baked chicken. Cooked, frozen chicken can be used in many different ways such as in sandwiches, soups, salads, and casseroles.

Ingredients

- 1 **pound** chicken (cut-up and thawed)
- nonstick cooking spray
- 1 **teaspoon** garlic powder
- 1 **teaspoon** pepper
- salt (if you like)

Directions

1. Preheat oven to 350 degrees F.
2. Spray baking pan or oven-safe baking dish with nonstick cooking spray.
3. Cover chicken with garlic powder and pepper. If using salt, add that too.
4. Bake for one hour. Insert a thermometer into the thickest part of the chicken not touching the bone. Chicken is safe to eat when temperature reaches 165 degrees F for 15 seconds, as measured with a food thermometer.
5. Do not cover pan or turn chicken while baking.

Notes

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 160 | |
| Total Fat | 7 g | |
| Protein | 23 g | |
| Carbohydrates | NA | |
| Dietary Fiber | NA | |
| Saturated Fat | 2 g | |
| Sodium | 350 mg | |

Tip: Serve hot with rice or pasta and lots of vegetables.

Recipe adapted from SNAP-ED Connection Recipe Finder

Basic Custard

Makes: 4 servings

Ingredients

- 1 egg
- 2 **tablespoons** sugar
- 1 **cup** skim milk (or reconstituted non-fat dry milk)
- 1/2 **teaspoon** vanilla (optional)

Directions

Stovetop version:

1. Beat egg and sugar together in a saucepan.
2. Add milk.
3. Place saucepan with egg/milk mixture in another pan containing 1-2 inches boiling water.
4. Stir custard constantly while cooking. Cook until foam disappears and custard coats the spoon. Remove from heat.
5. Add flavoring and stir. Pour into individual dishes and cool in the refrigerator. Custard will be soft.

Baked version:

1. Beat together egg and sugar in a baking dish.
2. Add milk and flavorings. Mix thoroughly.
3. Set baking dish in a shallow pan of hot water.
4. Bake at 350 degrees until the tip of a knife inserted in the center of the custard comes out clean (50-60 minutes). Do not overcook. Eat warm or refrigerate for later.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 60 | |
| Total Fat | 1 g | 2% |
| Protein | 4 g | |
| Carbohydrates | 10 g | 3% |
| Dietary Fiber | 0 g | 0% |
| Saturated Fat | 0 g | 0% |
| Sodium | 50 mg | 2% |

Notes

An additional egg can be added during step #1.

Bean Dip (FDD)

Rating: ★★★★★

Makes: 6 Servings

Make your own bean dip. Beans are available in dry, canned, and frozen forms and are excellent sources of plant protein.

Ingredients

- 2 cups** canned light red, low-sodium kidney beans (drained, save 1/2 cup of the liquid)
- 1 tablespoon** vinegar
- 3/4 teaspoon** chili powder
- 1/8 teaspoon** ground cumin (if you like)
- 1 tablespoon** onion (chopped)
- 1 cup** low-fat cheddar cheese (grated)

Directions

1. Place the drained kidney beans, vinegar, and chili powder in a blender; if using cumin, add that too.
2. Blend until smooth. Add some of the bean liquid to make the dip easy to spread.
3. Stir in onion and cheese; place in refrigerator for about an hour to chill.

Notes

Tip: Instead of a blender, you can mix the beans, vinegar, chili powder, and cumin (if using) in a bowl and mash with a fork. After mashing, stir in the onion and cheese. Serve with raw vegetables or low-fat tortilla chips.

Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 110 | |
| Total Fat | 1.5 g | |
| Protein | 10 g | |
| Carbohydrates | 14 g | |
| Dietary Fiber | 4 g | |
| Saturated Fat | 1 g | |
| Sodium | 210 mg | |

Beef and Cabbage for Dinner Tonight

Makes: 4 Servings

Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 **pound** ground beef, lean (15% fat)
- non-stick cooking spray
- 1 **teaspoon** garlic powder
- 1/4 **teaspoon** black pepper
- salt (to taste, optional)
- red pepper flakes (to taste, optional)

Directions

1. Chop cabbage and onions, set aside.
2. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
3. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft.
4. Add cabbage to the onions and cook until cabbage starts to brown.
5. Stir the beef into the cabbage and onion mixture.
6. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy.

University of Maryland Extension. Food Supplement Nutrition Education Program.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 268 | |
| Total Fat | 12 g | 18% |
| Protein | 24 g | |
| Carbohydrates | 16 g | 5% |
| Dietary Fiber | 6 g | 24% |
| Saturated Fat | 5 g | 25% |
| Sodium | 110 mg | 5% |

MyPlate Food Groups

| | |
|---------------|------------|
| Vegetables | 2 3/4 cups |
| Protein Foods | 3 ounces |

Beef Stroganoff

Rating: ★★☆☆

Makes: 5 servings

Ingredients

1 pound beef (lean, top round)
2 teaspoons vegetable oil
3/4 tablespoon onion (finely chopped)
1 pound mushroom (sliced)
1/4 teaspoon salt
 black pepper
1/4 teaspoon nutmeg
1/2 teaspoon basil (dried)
1/4 cup white wine
1 cup yogurt (plain, low-fat)
6 cups macaroni (cooked in unsalted water)

Directions

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in non-stick skillet. Saute onion for 2 minutes.
2. Add beef and saute for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; saute mushrooms.
4. Add beef and onions to pan with seasonings.
5. Add wine and yogurt; gently stir in. Heat, but do not boil.
6. Serve with macaroni.

Notes

If thickening is desired, use 2 teaspoons cornstarch; calories are the same as flour, but cornstarch has double

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 440 | |
| Total Fat | 7 g | 11% |
| Protein | 32 g | |
| Carbohydrates | 60 g | 20% |
| Dietary Fiber | 4 g | 16% |
| Saturated Fat | 2 g | 10% |
| Sodium | 250 mg | 10% |

thickening power. These calories are not figured into the nutrients per serving.

Beefy Macaroni and Cheese

Rating: ★★★★★

Makes: 4 Servings

Ingredients

3/4 pound ground beef
1 1/2 cups water
1 cup macaroni, uncooked
1 can diced tomatoes, canned, undrained (1 can)
8 Servings [Eating Smart Seasoning Mix](#)
1/2 cup shredded cheese
 salt (optional, to taste)

Directions

- 1) Brown ground beef in a large skillet, drain the fat.
- 2) Add water, macaroni, tomatoes, and seasoning mix, Stir.
- 3) Bring to a boil, reduce heat to low and simmer, covered for 15-20 minutes or until macaroni is tender.
- 4) Remove from heat and add 1/2 cup grated cheese.
- 5) Taste; then add a small amount of salt if needed.
- 6) Refrigerate leftovers

Notes

- Swiss cheese used in nutrition analysis and costing.

Colorado State University and University of California at Davis. Ea

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 382 | |
| Total Fat | 15 g | 23% |
| Protein | 27 g | |
| Carbohydrates | 35 g | 12% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 7 g | 35% |
| Sodium | 408 mg | 17% |

MyPlate Food Groups

| | |
|---------------|----------|
| Vegetables | 1/2 cup |
| Grains | 1 ounce |
| Protein Foods | 2 ounces |
| Dairy | 3/4 cup |

Berry Bread Pudding

Rating: ★★☆☆

Makes: 2 servings

Ingredients

- 1 1/2 cups** berries (frozen blueberries, sliced strawberries, or raspberries, thawed)
- 5 slices** whole wheat bread (crusts removed)
- 1/2 teaspoon** sugar (optional)
- vanilla yogurt (optional, low-fat)

Directions

1. Combine the thawed berries and sugar (if you choose to use the sugar).
2. Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Continue layering berries and bread until the dish is full, finishing with a layer of bread.
3. Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
4. Refrigerate overnight. Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.
5. Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

Notes

In summer fresh berries can be used.

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 180 | |
| Total Fat | 2 g | 3% |
| Protein | 8 g | |
| Carbohydrates | 34 g | 11% |
| Dietary Fiber | 6 g | 24% |
| Saturated Fat | 0 g | 0% |
| Sodium | 270 mg | 11% |

Black Bean and Rice Salad

Rating: ★★ ★

Makes: 3 servings

Ingredients

1/2 cup onion (chopped)
1/2 cup bell pepper (green or red, chopped)
1 cup brown rice (or white rice, cooked and cooled)
1 can black beans (15 ounce, drained and rinsed)
1/4 cup rice vinegar (or white wine vinegar or lemon juice)
1/2 teaspoon mustard powder (optional, dry)
1 clove garlic (chopped, or 1/2 teaspoon garlic powder)
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons vegetable oil

Directions

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 280 | |
| Total Fat | 11 g | 17% |
| Protein | 9 g | |
| Carbohydrates | 38 g | 13% |
| Dietary Fiber | 8 g | 32% |
| Saturated Fat | 1 g | 5% |
| Sodium | 830 mg | 35% |

Black Beans

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 2 cans** black beans (15 ounce)
- 1/2** onion (medium)
- 2** garlic clove
- 2 tablespoons** vegetable oil
- 1/2 teaspoon** cumin (ground)
- 1/2 teaspoon** salt
- 1/4 teaspoon** oregano (fresh or dried)

Directions

1. Carefully drain the juice from one can of black beans. Pour the drained black beans into a bowl. Use a potato masher to mash the beans until they are no longer whole. Set the mashed beans aside.
2. Chop the onion in to 1/4-inch pieces. Set it aside. Peel the garlic cloves and mince them finely. Set the garlic aside.
3. In a medium saucepan, heat the oil over medium high heat. Add the onions and sauté for 1 to 2 minutes. Stir in the garlic and cumin and cook for 30 seconds more. Stir in the mashed black beans and the second can of black beans, including the juice. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and simmer for 10 minutes, uncovered.

New Mexico State University Cooperative Extension Service, Cooking with KidsLynn Walters and Jane StaceyUSDA Food and Nutrition Service Food Stamp Nutrition Education Program

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 150 | |
| Total Fat | 5 g | 8% |
| Protein | 8 g | |
| Carbohydrates | 23 g | 8% |
| Dietary Fiber | 8 g | 32% |
| Saturated Fat | 0.5 g | 3% |
| Sodium | 700 mg | 29% |

Bread Pudding with Vanilla Sauce

Rating: ★★☆☆

Makes: 6 servings

Ingredients

1 tablespoon margarine
5 slices whole wheat bread
3 egg
1/3 cup sugar
1 pinch salt
2 cups milk, non-fat
1 teaspoon vanilla extract
1/4 cup raisins
1 teaspoon cinnamon (and/or nutmeg)

Vanilla Sauce

1/3 cup sugar
1 cup water
1 tablespoon margarine (or butter)
1 1/2 teaspoons vanilla extract

Directions

1. Melt margarine in medium size skillet.
2. Tear bread in pieces and spread on bottom of skillet.
3. Beat eggs and stir in sugar, salt, warmed milk and vanilla. Sprinkle raisins over bread and pour egg mixture over all.
4. Cover and cook over very low heat for 20 minutes.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 266 | |
| Total Fat | 7 g | 11% |
| Protein | 9 g | |
| Carbohydrates | 43 g | 14% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 2 g | 10% |
| Sodium | 309 mg | 13% |

MyPlate Food Groups

| | |
|---------------|-----------|
| Grains | 1 ounce |
| Protein Foods | 1/2 ounce |
| Dairy | 1/4 cup |

5. Pudding is done when custard is set in the middle.
6. Allow to cool in the skillet.
7. Prepare vanilla sauce while pudding cools.
8. Combine cornstarch and sugar in a small saucepan. Gradually add water, stirring well.
9. Cook until thick and clear, stirring constantly.
10. Add margarine and vanilla, stirring until margarine melts.
11. Spoon over individual servings of bread pudding.
12. Refrigerate leftover bread pudding and vanilla sauce within two hours.

Washington State University Extension, Favorite Recipes for Family Meals

Broccoli Rice Casserole

Makes: 6 Servings

Low-fat (1%) UHT milk is used in this recipe. 1% UHT milk can be used anywhere fresh milk is called for, such as soups, sauces, casseroles, and desserts.

Ingredients

3/4 cup 1% low-fat UHT milk
 nonstick cooking spray
3/4 cup rice (uncooked)
1 1/2 cups water
 1 small onion (chopped)
1 1/2 tablespoons margarine
 1 **can** condensed cream of mushroom soup (about 10 ounces)
 1 **package** frozen chopped broccoli (thawed)
1/2 cup low-fat cheese (like Cheddar or Swiss, shredded)

Directions

1. Preheat oven to 350 degrees F and spray a 9x9-inch baking pan with nonstick cooking spray.
2. In a saucepan, mix rice and 1 cup of water and bring to a boil.
3. Cover and cook over low heat for 15 minutes. Remove saucepan from heat and set aside for 15 minutes.
4. In a medium-size skillet, cook onions in margarine until tender.
5. Add soup, milk, 1/2 cup of water, and onions to cooked rice. Spoon mixture into baking pan.
6. Spoon the vegetables over the rice mixture.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 190 | |
| Total Fat | 7 g | |
| Protein | 7 g | |
| Carbohydrates | 27 g | |
| Dietary Fiber | 2 g | |
| Saturated Fat | 2 g | |
| Sodium | 360 mg | |

7. Sprinkle the cheese evenly over the top. Bake for 25 to 30 minutes until cheese is melted and bubbly.

Notes

Tips: Try using canned, drained vegetables or frozen spinach.

Broccoli Salad

Rating: ★★★★★

Makes: 8 servings

Ingredients

6 cups broccoli (chopped)
1 cup raisins
1 red onion (medium, peeled and diced)
2 tablespoons sugar
8 bacon slices (cooked and crumbled, optional)
2 tablespoons lemon juice
3/4 cup mayonnaise, low-fat

Directions

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

Arizona Nutrition Network, Healthy Lifestyles 2003In the Kitchen w

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 149 | |
| Total Fat | 5 g | 8% |
| Protein | 3 g | |
| Carbohydrates | 27 g | 9% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 1 g | 5% |
| Sodium | 142 mg | 6% |

MyPlate Food Groups

| | |
|------------|---------|
| Fruits | 1/4 cup |
| Vegetables | 3/4 cup |

Cabbage Roll Casserole

Makes: 8 Servings

Ingredients

1/2 pound ground beef (90% lean)
1 onion (chopped)
1 garlic clove (minced)
1 can diced tomatoes, low-sodium (16 ounces)
1 cup tomato sauce (or tomato juice)
1 1/2 cups water
1/4 cup minute rice
1 cabbage head (small to medium, chopped in bite-sized pieces)

Directions

1. Brown ground beef in a skillet with onion and garlic. Drain off any fat.
2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage. Cook until cabbage is almost tender.
3. Add minute rice and cook five minutes longer. Serve.

Caramel Sauce

Makes: 12 servings

Ingredients

- 8 1/3 tablespoons** milk (non-fat, dry)
- 1 1/4 cups** water
- 1 tablespoon** cornstarch
- 2 tablespoons** butter
- 1/2 cup** sugar (brown, packed)
- 1 teaspoon** vanilla extract

Directions

1. Reconstitute non-fat dried milk with water. Combine reconstituted milk and cornstarch in a small saucepan and mix until cornstarch is thoroughly dissolved.
2. Add the butter and brown sugar and cook over medium heat, stirring constantly with a wire whisk until mixture thickens and comes to a boil. Continue to boil 1 minute.
3. Remove pan from heat and stir in vanilla. Serve warm over baked French toast, ice cream, or fruit.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 70 | |
| Total Fat | 2 g | 3% |
| Protein | 2 g | |
| Carbohydrates | 12 g | 4% |
| Dietary Fiber | 1 g | 5% |
| Saturated Fat | 1 g | 5% |
| Sodium | 50 mg | 2% |

Cheese-A-Roni Bake

Rating: ★★ ★

Makes: 4 Servings

Ingredients

- 1 jar spaghetti sauce, meatless, low-sodium (24-ounce jar)
- 1/3 cup** water
- 6 ounces** cottage cheese, fat-free
- 1 egg, slightly beaten
- 1/2 teaspoon** oregano
- 1 cup** macaroni, dry
- 4 ounces** mozzarella cheese, low-fat shredded

Directions

1. In a bowl combine sauce and water.
2. In another bowl combine cottage cheese, egg and oregano.
3. Grease 1 quart casserole.
4. Spoon in 1/3 sauce.
5. Top with 1 cup macaroni, 1/2 cottage cheese, 1/2 mozzarella cheese and 1/3 of the spaghetti sauce.
6. Repeat layers.
7. Cover with aluminum foil.
8. Bake in a 350°F oven for 45 minutes.
9. Uncover and bake 15 minutes longer.

University of Illinois Extension. Illinois Nutrition Education Program

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 414 | |
| Total Fat | 10 g | 15% |
| Protein | 20 g | |
| Carbohydrates | 42 g | 14% |
| Dietary Fiber | 5 g | 20% |
| Saturated Fat | 4 g | 20% |
| Sodium | 365 mg | 15% |

MyPlate Food Groups

| | |
|------------|------------|
| Vegetables | 1 1/4 cups |
| Grains | 1 ounce |
| Dairy | 3/4 cup |

Cheesy Rice & Beans

Makes: 6 Servings

Ingredients

1 1/2 cups brown rice
6 tablespoons celery, chopped
6 tablespoons onion, chopped
6 tablespoons tomato paste
3/4 cup tomato sauce
6 tablespoons Diced fresh tomato
3/4 cup White beans, canned
3/4 cup black beans, canned
3/4 cup carrots, raw, grated
6 tablespoons Green pepper, raw, chopped
6 ounces cheddar cheese, low-fat, shredded
1/2 teaspoon cumin
1/2 teaspoon cilantro



Directions

1. Cook rice in water in large pot according to package directions.
2. Wash and chop celery, onion, and green pepper with knife or food processor; wash, peel, and grate carrot with grater.
3. Wash and dice fresh tomato. Open and drain cans of beans. Open cans of tomato paste and tomato sauce.
4. Measure and mix all ingredients together, including herbs and cheese, and place in large baking pan with enough water to keep casserole moist.
5. Cover and bake covered in 350°F oven for 45 minutes to an hour. Keep moist.
6. Serve.

Notes

Serving Size: 1 cup

Chicken and Cranberry Salad

Rating: ★★★★★

Makes: 4 servings

A simple and delicious salad topped with almonds and dried cranberries.

Ingredients

- 12 ounces** chicken, cooked and diced (1 1/2 cups)
- 1/2 cup** vinaigrette dressing
- 1 cup** dried cranberries (or cherries)
- 1/8 cup** almonds (sliced)
- 1** head of lettuce (of, - chopped)

Directions

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.

USDA Food and Nutrition Service, Creative Recipes for Less Familiar Foods
Food Distribution Service



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 364 | |
| Total Fat | 16 g | 25% |
| Protein | 26 g | |
| Carbohydrates | 30 g | 10% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 3 g | 15% |
| Sodium | 839 mg | 35% |

MyPlate Food Groups

Fruits 1/2 cup

Chicken and Dumpling Soup

Prep time: 20 minutes

Cook time: 45 minutes

Makes: 8 servings

Try this soup spin on an all time favorite chicken and dumplings. This easy, one-pot meal can be made for a family or ready to serve a crowd.

Ingredients

For the Soup:

2 tablespoons vegetable oil

2 cups carrot, chopped

1 cup onion, chopped

1 cup celery, chopped, including some leaves

2 quarts chicken broth, fat free, reduced sodium

2 cups cooked chicken breast, shredded

1/2 teaspoon black peppercorns

1 teaspoon dried thyme

2 bay leaves

2 cups fresh spinach leaves, coarsely chopped

For the Dumplings:

1 cup whole wheat flour

1 cup all-purpose flour

3/4 cup skim milk

1 egg, large

Directions

1. Heat oil in Dutch oven or soup kettle over medium-high heat.



Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 243 | |
| Total Fat | 6 g | 9% |
| Protein | 18 g | |
| Carbohydrates | 30 g | 10% |
| Dietary Fiber | 4 g | 16% |
| Saturated Fat | 1 g | 5% |
| Sodium | 534 mg | 22% |

MyPlate Food Groups

| | |
|---------------|--------------|
| Vegetables | 1/2 cup |
| Grains | 2 ounces |
| Protein Foods | 1 1/2 ounces |

2. Sauté carrot, onion and celery for 5 minutes; stir in broth, chicken, peppercorns, thyme and bay leaves.
3. Reduce heat to low; simmer, partially covered for 20 minutes.
4. Meanwhile, in small bowl, mix dumpling ingredients until well blended.
5. Drop small spoonfuls of dumpling dough into simmering soup.
6. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook).
7. Stir in spinach.
8. Remove bay leaves before serving soup.

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Chicken Casserole

Makes: 8 Servings

This chicken casserole is a simple, satisfying main dish for lunch or dinner.

Ingredients

- 1 package** rotini or macaroni (about 1 pound)
- 1 can** canned chicken (about 12 ounces)
- 1 can** low-sodium tomato sauce (about 15 ounces)
- 1 cup** low-sodium green peas (1/2 can drained, about 8 ounces)
- 3 slices** pasteurized process American cheese

Directions

1. Preheat oven to 350 degrees F. 2. Cook rotini or macaroni according to package directions. Drain well. 3. In a large oven-safe dish, mix the chicken, tomato sauce, peas, and macaroni. 4. Add the 3 slices of cheese on top of the casserole. 5. Bake for 30 to 40 minutes. 6. Serve hot.

A Harvest of Recipes with USDA Foods



Chicken Pasta Salad

Makes: 7 Servings

Ingredients

- 2 cups** cooked small pasta
- 1 1/2 cups** canned chicken (drained)
- 1 cup** diced bell pepper
- 1/2 cup** sliced green onion
- 1 cup** shredded yellow squash
- 1/2 cup** canned corn kernels (drained)
- 1/2 cup** frozen peas
- 1 can** black beans, low sodium (15 oz, rinsed and drained)
- 1/2 cup** fat-free Italian dressing

Directions

1. Cook pasta according to package directions, drain; rinse.
2. Combine first eight ingredients (pasta through black beans) in a large bowl.
3. Toss gently with salad dressing.
4. Chill for several hours to blend flavors.

North Carolina Department of Public Health & North Carolina Coop

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 225 | |
| Total Fat | 4 g | 6% |
| Protein | 19 g | |
| Carbohydrates | 30 g | 10% |
| Dietary Fiber | 7 g | 28% |
| Saturated Fat | 1 g | 5% |
| Sodium | 378 mg | 16% |

MyPlate Food Groups

| | |
|---------------|----------|
| Vegetables | 3/4 cup |
| Grains | 1 ounce |
| Protein Foods | 2 ounces |
| Dairy | 1/4 cup |

Chicken Salad

Makes: 6 Servings

This refreshing and light lunch is easy to make. You can pack this salad for lunch on the run. It can also be served for dinner.

Ingredients

- 1 can** canned chicken, drained (about 12 ounces)
- 3 tablespoons** mustard
- 2 tablespoons** honey
- 1 cup** apples, diced
- 1/4 cup** raisins
- 1/4 teaspoon** black pepper
- 2 tablespoons** parsley or cilantro, chopped (optional)

Directions

1. In a large bowl, combine chicken, mustard, honey, and apples. Mix well.
2. Sprinkle raisins and pepper on top of salad. If using parsley or cilantro, add that too.
3. Serve on a lettuce leaf or on a slice of homemade bread.



Chicken Waldorf Salad

Prep time: 15 minutes

Makes: 4 Servings

This recipe is a perfect way to use leftover chicken. With just 15 minutes of prep time, this recipe will be ready in a snap. No leftovers? Use the quick tip below for poaching boneless, skinless chicken breasts. You can also use store-bought rotisserie chicken. If you do, keep in mind that it's already salty and omit the salt in the dressing.

Ingredients

- 1/3 cup** low-fat mayonnaise
- 1/3 cup** nonfat or low-fat plain yogurt
- 2 teaspoons** lemon juice
- 1/4 teaspoon** salt
- 3 cups** chopped cooked chicken breast
- 1** medium red apple, diced
- 1 cup** halved red or green grapes
- 1 cup** sliced celery
- 1/2 cup** chopped walnuts, divided (toasted if desired)

Directions

1. Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl.
2. Add chicken, apple, grapes, celery and half of the walnuts. Stir to coat well.
3. Serve topped with the remaining walnuts.

Notes



Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 356 | |
| Total Fat | 16 g | 25% |
| Protein | 31 g | |
| Carbohydrates | 23 g | 7% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 2 g | 10% |
| Sodium | 408 mg | 17% |

MyPlate Food Groups

| | |
|---------------|--------------|
| Fruits | 1/2 cup |
| Vegetables | 1/4 cup |
| Protein Foods | 4 1/2 ounces |
| Dairy | 1/4 cup |

Quick Tip: If you want cooked chicken in a hurry, the easiest way to cook it is to poach it (one pound of raw boneless, skinless chicken breasts yields about 2½ cups chopped or shredded cooked chicken).

- Place boneless, skinless chicken breasts in a skillet or saucepan.
- Add lightly salted water (or chicken broth) to cover and bring to a boil.
- Cover, reduce heat to low, and simmer gently until the chicken is cooked through and no longer pink in the middle (approx 10-15 minutes).

Classic Macaroni and Cheese

Makes: 6 Servings

Evaporated milk is used on this family favorite. Tip! Evaporated milk can be used as a lower fat alternative for heavy cream in sauces, soups, and gravies.

Ingredients

1/2 cup evaporated milk
2 cups uncooked macaroni (such as elbows, spirals, or shells)
1/2 cup onion (chopped)
1 medium egg (beaten)
1/4 teaspoon black pepper
1 1/4 cups low-fat cheddar cheese (shredded, 4 ounces)
nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F. Coat an 8x8-inch casserole dish with nonstick cooking spray. 2. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. 3. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and cook for about 3 minutes. 4. In another bowl, combine macaroni, onions, egg, cheese, milk, and pepper and mix thoroughly. 5. Pour mixture into casserole dish. 6. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Collard Green Gumbo with Ham Hock

Rating: ★★

Cook time: 1 hour, 0 minutes

Makes: 4 Servings

Tender collard greens flavored with ham hock, onion, green pepper, celery, and red pepper make up this thick and flavorful gumbo. Serve over brown rice for an all-time favorite meal any night of the week.

Ingredients

2 tablespoons vegetable oil
1 large onion (peeled and diced)
3 celery stalks (chopped)
2 cloves garlic (peeled and minced)
1 teaspoon dried thyme
1/2 teaspoon chopped red pepper flakes
1/2 teaspoon salt
1/2 teaspoon dried oregano
2 tablespoons whole wheat flour
4 cups water
6 cups chopped collard greens
2 pounds ham hock
2 cups cooked brown rice

Directions

- Put a skillet on the stove and turn the heat to medium. When it is hot, add the oil. Add the onion, bell pepper, celery, garlic, thyme red pepper flakes, salt and oregano, and cook until golden, about 20 minutes.
- Add the flour in small amounts, sprinkling a little



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 134 | |
| Total Fat | 6 g | 9% |
| Protein | 4 g | |
| Carbohydrates | 17 g | 6% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 1 g | 5% |
| Sodium | 183 mg | 8% |

MyPlate Food Groups

| | |
|------------|-----------|
| Vegetables | 3/4 cup |
| Grains | 1/2 ounce |

bit at a time and stirring well, until it turns slightly brown, about 10 minutes.

3. Slowly, add the water, stirring constantly. Add the ham hock. Raise the heat to high and when it comes to a boil reduce heat to low.

4. Add the collard greens and cook until tender, about 45 minutes.

5. Divide the brown rice between 4 shallow bowls and top each with about 1 cup of gumbo.

Notes

One medium size chicken sausage link can be substituted for a ham hock.

USDA Center for Nutrition Policy and Promotion

Cowboy Caviar (Bean Salsa)

Rating: ★★★★★

Prep time: 10 minutes

Makes: 16 Servings

Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies, drained (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- 3 limes, juiced (optional)
- salt (to taste, optional)
- pepper (to taste, optional)

Directions

- 1) Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
- 2) Add lime juice, oil, salt, and pepper; toss gently to combine.
- 3) Serve by itself or with corn chips.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 87 | |
| Total Fat | 1 g | 2% |
| Protein | 4 g | |
| Carbohydrates | 15 g | 5% |
| Dietary Fiber | 4 g | 16% |
| Saturated Fat | 0 g | 0% |
| Sodium | 194 mg | 8% |

MyPlate Food Groups

| | |
|------------|---------|
| Vegetables | 1/2 cup |
|------------|---------|

Cran-Apple Crisp

Rating: ★★ ★

Makes: 8 servings

Ingredients

- 4 apple (cored and thinly sliced)
- 1 **can** cranberry sauce (14 ounce, whole)
- 2/3 tablespoon** margarine (soft, melted)
- 1 **cup** oatmeal (uncooked)
- 1/3 cup** brown sugar
- 1 **teaspoon** cinnamon

Directions

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 210 | |
| Total Fat | 2 g | 3% |
| Protein | 2 g | |
| Carbohydrates | 50 g | 17% |
| Dietary Fiber | 4 g | 16% |
| Saturated Fat | 0 g | 0% |
| Sodium | 25 mg | 1% |

Cranberry Nut Bread

Makes: 15 Servings

Ingredients

2 cups flour*
2/3 cup sugar
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
2 teaspoons grated orange peel
3/4 cup orange juice
1/4 cup butter, melted (or margarine)
1 egg (or 2 egg whites) (medium)
1 cup chopped cranberries
1/3 cup chopped walnuts
1/3 cup powdered sugar (optional, for glaze)
1 teaspoon water (optional, for glaze)

Directions

1. Preheat oven to 350°F. Mix flour, sugar, baking powder and baking soda in a large bowl.
2. Grate orange peeling, then squeeze juice from orange. Add additional orange juice to make 3/4 cup.
3. In a separate bowl, blend orange juice, butter, egg, and grated orange peel; add to flour mixture, stirring until just blended. Mix in cranberries and walnuts.
5. Pour batter into a 9- by 5-inch loaf pan, greased on bottom only.
6. Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 10 minutes; remove and cool completely on wire rack.
7. Optional: to make glaze, mix powdered sugar and water; add water as needed to make thin glaze. Drizzle over cooled loaf.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 180 | |
| Total Fat | 8 g | 12% |
| Protein | 3 g | |
| Carbohydrates | 24 g | 8% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | 2.5 g | 13% |
| Sodium | 190 mg | 8% |

Notes

*You can substitute 1/2 to 1 cup of the flour with whole wheat flour.

All-purpose flour used for nutrition analysis and costing purposes.

Modification to

North Dakota State University Extension Service Recipe link.

Creamy Dill Dip

Rating: ★★★★★

Makes: 16 servings

Ingredients

- 1 cup sour cream, non-fat
- 1 cup yogurt, non-fat plain
- 2 tablespoons dill (dried)

Directions

1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Notes

Serve with cucumber slices. If you want a creamy salad dressing, add a few tablespoons of water to the dip.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 20 | |
| Total Fat | 0 g | 0% |
| Protein | 1 g | |
| Carbohydrates | 4 g | 1% |
| Dietary Fiber | 0 g | 0% |
| Saturated Fat | 0 g | 0% |
| Sodium | 30 mg | 1% |

Crispy Oven-Fried Chicken

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 1/2 cup** milk, non-fat (or buttermilk)
- 1 teaspoon** poultry seasoning
- 1 cup** cornflakes, crumbled
- 1 1/2 tablespoons** onion powder
- 1 1/2 tablespoons** garlic powder
- 2 teaspoons** black pepper
- 2 teaspoons** hot pepper (dried crushed)
- 1 teaspoon** ginger (ground)
- 4** chicken breasts, skinless
- 4** chicken drumsticks, skinless
- 1/16 teaspoon** paprika (a few shakes of)
- 1 teaspoon** vegetable oil (to grease baking pan)

Directions

1. Preheat oven to 350 degrees.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 230 | |
| Total Fat | 6 g | 9% |
| Protein | 34 g | |
| Carbohydrates | 9 g | 3% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | 1.5 g | 8% |
| Sodium | 230 mg | 10% |

7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes.
9. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy "skin." (Do not turn chicken during baking.)

National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style

Deep Dish Apple Cranberry Pie

Rating: ★★★★★

Makes: 10 servings

Ingredients

4 apple (large, peeled, cored, and sliced)
2 1/2 cups cranberries (fresh or frozen)
3/4 cup sugar
1/4 cup flour (all purpose)
1 teaspoon apple pie spice
1 pie crust (prepared)

Directions

1. Stir all ingredients together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
2. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
3. Bake at 375 degrees for about an hour. Serve warm with a slice of pie crust over top of the fruit. Refrigerate any leftovers.

Food and Health Communications, Inc., [Visit Website](#)

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 240 | |
| Total Fat | 8 g | 12% |
| Protein | 1 g | |
| Carbohydrates | 42 g | 14% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 1.5 g | 8% |
| Sodium | 115 mg | 5% |

Dirty Rice

Makes: 6 Servings

Dirty rice is a flavorful way to spice up your main dishes. It is also a good way to serve leftovers; cooked chicken or ham can be used in place of ground beef.

Ingredients

2 tablespoons egg mix
1/4 cup water
1/4 pound ground beef
1/2 onion, finely chopped
1/2 green pepper, chopped
2 tablespoons vegetable oil
1/2 can low-sodium peas, drained (about 8 ounces)
1/2 can low-sodium kidney beans, drained (about 8 ounces)
4 cups cooked rice, cold
1/4 teaspoon black pepper

Directions

1. In a small bowl, combine egg mix and water. Mix well and set aside. 2. In a large skillet, cook ground beef, onion, and green pepper in oil over medium heat for about 10 minutes. 3. Add egg mix to skillet. Scramble eggs over medium heat for about 5 minutes. 4. Add peas and beans to skillet. Cook for about 5 minutes. 5. Add rice and pepper to skillet. Stir to break up any clumps of rice. Cook for about 5 minutes. Serve hot.

Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160



Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 308 | |
| Total Fat | 9.5 g | |
| Protein | 12 g | |
| Carbohydrates | 43 g | |
| Dietary Fiber | 4 g | |
| Saturated Fat | 2 g | |
| Sodium | 131 mg | |

degrees F, as measured with a food thermometer.

Easiest Banana Ice Cream

Rating: ★★☆☆

Makes: 3 Servings

Ingredients

2 1/2 bananas (can use 2-3 bananas)

3 tablespoons milk

chocolate syrup (optional)

Directions

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

Alabama Cooperative Extension System.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 94 | |
| Total Fat | 0 g | 0% |
| Protein | 2 g | |
| Carbohydrates | 23 g | 8% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 0 g | 0% |
| Sodium | 8 mg | 0% |

MyPlate Food Groups

| | |
|--------|---------|
| Fruits | 3/4 cup |
|--------|---------|

Easy Chicken and Dumplings

Rating: ★★★★★

Makes: 2 servings

Ingredients

2 tablespoons non-fat milk
2 tablespoons flour (all purpose)
2 tablespoons water
1 cup chicken broth, low-sodium
1 cup chicken, cooked and diced
1/4 teaspoon salt (optional)
1 dash black pepper
 Dumplings:
1/3 cup flour (all purpose)
1/2 teaspoon baking powder
1/4 teaspoon salt

Directions

1. Mix 2 tablespoons flour and water in a pan until smooth.
2. Slowly stir in broth.
3. Cook over medium heat until thickened.
4. Add chicken, salt (optional) and pepper.

Make Dumplings:

5. Combine 1/3 cup flour, baking powder, and salt in a small bowl. Stir in milk until dough forms.
6. Drop dumpling dough from a Tablespoon onto gently boiling chicken mixture, making 4 dumplings.
7. Cover pan tightly and cook slowly for 15 minutes without

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 290 | |
| Total Fat | 8 g | 12% |
| Protein | 25 g | |
| Carbohydrates | 24 g | 8% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | 2 g | 10% |
| Sodium | 520 mg | 22% |

lifting the lid.

University of Illinois, Extension Service, Wellness Ways Resource Book

Easy Chicken Pot Pie

Rating: ★★☆☆

Cook time: 45 minutes

Makes: 6 servings

Ingredients

- 1 2/3 cups** frozen mixed vegetables (thawed)
- 1 cup** cooked chicken (cut-up)
- 1 can** cream of chicken soup, low-fat (10-3/4 ounce, condensed)
- 1 cup** baking mix, reduced-fat (example: Bisquick)
- 1/2 cup** milk (non-fat)
- 1** egg

Directions

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 180 | |
| Total Fat | 3 g | 5% |
| Protein | 13 g | |
| Carbohydrates | 25 g | 8% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 1 g | 5% |
| Sodium | 420 mg | 18% |

Easy Meat Sauce Over Rice

Makes: 6 Servings

Using canned beef makes this a quick and easy recipe.

Canned beef is ready to use without heating, or can be added to your favorite recipe.

Ingredients

- 15 ounces** beef (drained)
- 1 1/2 cups** water
- 1/2 cup** onion (chopped)
- 1 tablespoon** chili powder
- 1/4 cup** all purpose flour
- 6 cups** rice (cooked)

Directions

1. Mix $\frac{3}{4}$ cup water, onion, and chili powder in a skillet; add beef.
2. Bring to a boil.
3. In a small bowl or cup, mix flour with the other $\frac{3}{4}$ cup cold water to make a smooth paste.
4. Pour flour and water mixture over the meat mixture.
5. Cook over medium heat until thick.
6. Place one cup of rice in a bowl and pour about $\frac{3}{4}$ cup of the sauce on top.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 140 | |
| Total Fat | 13 g | |
| Protein | 20 g | |
| Carbohydrates | 2 g | |
| Dietary Fiber | 1 g | |
| Saturated Fat | 6 g | |
| Sodium | 150 mg | |

Notes

Tip: This sauce can also be served over bread, pasta, or refried beans.

Easy Red Beans and Rice

Makes: 8 servings

Ingredients

- cooking oil spray, as needed (non-stick)
- 1** onion (large, peeled and chopped)
- 1** green bell pepper (medium, washed, seeded and chopped)
- 1 teaspoon** garlic powder
- 2 cans** diced tomatoes (14.5 ounces)
- 1 can** kidney beans (15.5 oz, drained and rinsed)
- 6 cups** cooked brown rice

Directions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 253 | |
| Total Fat | 2 g | 3% |
| Protein | 8 g | |
| Carbohydrates | 50 g | 17% |
| Dietary Fiber | 7 g | 28% |
| Saturated Fat | 0 g | 0% |
| Sodium | 250 mg | 10% |

MyPlate Food Groups

| | |
|------------|--------------|
| Vegetables | 3/4 cup |
| Grains | 1 1/2 ounces |

Easy Rice Pudding

Rating: ★★★★★

Cook time: 40 minutes

Makes: 4 servings

Ingredients

- 2/3 cup** white rice, uncooked
- 2 cups** water (warm)
- 1 teaspoon** butter or margarine (optional*)
- 1/2 cup** dry milk, non-fat
- 2 tablespoons** sugar
- 1/2 teaspoon** vanilla
- 1/2 teaspoon** cinnamon
- 1 cup** water
- 1/2 cup** raisins (or other dried fruit)

Directions

1. Combine rice, water, and butter or margarine in large microwave safe dish. Cover loosely, so steam will escape.
2. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost (50% power), and cook an additional 10 minutes.
3. Mix other ingredients together while rice is cooking.
4. Without allowing rice to cool, remove cover and quickly stir milk-water-raisin mixture into hot rice. Cover loosely again and continue cooking on defrost (50% power) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.
5. Stir gently and put in individual serving dishes.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 240 | |
| Total Fat | 1 g | 2% |
| Protein | 6 g | |
| Carbohydrates | 52 g | 17% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | 0.5 g | 3% |
| Sodium | 55 mg | 2% |

6. Eat warm or cover and refrigerate immediately. Enjoy the refrigerated pudding within 2 days.

* Used in Analysis

Notes

A 9-10 year-old child can learn how to use measuring spoons and cups while helping make this recipe.

University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards: Vol. 1, 2000

Four Layer Casserole

Makes: 6 Servings

Ingredients

- 1 pound** ground beef, 85% lean
- 4** potatoes
- 1 package** frozen mixed vegetables (or canned mixed vegetables)
- 1/4 cup** cheese, low-fat shredded (cheddar or colby jack)
- 1/4 cup** milk, 1%
- salt and pepper (optional, to taste)

Directions

1. Cook ground beef in frying pan until brown. Rinse in warm water and drain to remove excess fat.
2. Scrub potatoes and cut into slices without peeling.
3. Place potatoes in a large baking or casserole dish. Top with vegetables, ground beef, and cheese.
4. Pour milk over the casserole. Ad salt and pepper as desired.
5. Cover with a lid or foil. Bake at 350°F for 1 hour or microwave in non-metal baking or casserole dish for 19-23 minutes on high.

Notes

- Try other favorite vegetables in place of mixed vegetables such as carrots, broccoli, cauliflower, green beans, peas, or corn.
- Cheddar cheese used for costing and nutrition analysis.

Iowa State University Extension. Spend Smart. Eat Smart.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 283 | |
| Total Fat | 9 g | 14% |
| Protein | 21 g | |
| Carbohydrates | 31 g | 10% |
| Dietary Fiber | 5 g | 20% |
| Saturated Fat | 3 g | 15% |
| Sodium | 103 mg | 4% |

MyPlate Food Groups

| | |
|---------------|----------|
| Vegetables | 1 cup |
| Protein Foods | 2 ounces |

Magic Crust Quiche

Makes: 6 Servings

Ingredients

1 tablespoon vegetable oil
1/2 cup onion (chopped)
2 cups vegetables (can use frozen, fresh or leftovers)
1 cup cheddar cheese, low-fat (shredded)
3 eggs
1 1/2 cups milk, 1%
3/4 cup baking mix (like Bisquick)

Directions

1. Cook onion in oil (or cook with vegetables).
2. Cook vegetables (or use leftovers). Drain well.
3. Grease round pie pan or 8 x 8 inch baking dish.
4. Spread cooked vegetables in pan. Spread cheese on top of vegetables.
5. Mix milk, eggs and baking mix. Pour over vegetables and cheese.
6. Bake at 350 degrees F for 35 minutes, until a safe internal temperature has been reached and a knife inserted into the middle comes out clean.

Meatball Soup

Makes: 4 servings

Ingredients

- 6 cups** water
- 1/3 cup** brown rice
- 3** bouillon cubes (low-sodium chicken or beef flavored, or 1 tablespoon low-sodium bouillon powder)
- 1 tablespoon** oregano (fresh, finely chopped)
- 8 ounces** ground beef (lean, turkey or chicken)
- 1** tomato (finely chopped)
- 1/2** onion (peeled and finely chopped)
- 1** egg (large)
- 1/2 teaspoon** salt
- 2 cups** vegetable mix (chopped, fresh, carrots, celery, and broccoli)

Directions

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 30 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 240 | |
| Total Fat | 10 g | 15% |
| Protein | 16 g | |
| Carbohydrates | 22 g | 7% |
| Dietary Fiber | 4 g | 16% |
| Saturated Fat | 3.5 g | 18% |
| Sodium | 430 mg | 18% |

Meatloaf (CNPP)

Rating: ★★ ★

Cook time: 1 hour, 30 minutes

Makes: 4 Servings

This family favorite is flavored with garlic, thyme, tomato paste, and mustard then coated with a tangy glaze and a sprinkle of oats.

Ingredients

- 1 teaspoon** vegetable oil
- 1** small Spanish onion (peeled and chopped)
- 1/2** green bell pepper (cored and diced)
- 2 cloves** garlic (peeled and diced)
- 1 teaspoon** dried thyme
- 2 tablespoons** tomato paste
- 1/2 cup** water
- 1 tablespoon** yellow mustard
- 1/2 teaspoon** salt
- 1/4 teaspoon** black pepper
- 1 pound** ground beef or turkey
- 1** large egg
- 1/2 cup** rolled oats

For the glaze:

- 1 teaspoon** tomato paste
- 1 teaspoon** yellow mustard

Directions

1. Preheat the oven to 325 degrees. Lightly grease a baking sheet
2. Put a skillet over medium heat and when it is hot, add the oil. Add the onion, bell pepper, garlic and thyme and



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 228 | |
| Total Fat | 7 g | 11% |
| Protein | 31 g | |
| Carbohydrates | 12 g | 4% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 2 g | 10% |
| Sodium | 454 mg | 19% |

MyPlate Food Groups

| | |
|---------------|----------|
| Vegetables | 1/4 cup |
| Protein Foods | 3 ounces |

cook about 10 minutes until golden.

3. Lower the heat and add the water and tomato paste. Cook about 10 minutes until the onion is soft and most of the liquid has been absorbed. Set aside to cool. Add the mustard, salt and pepper.

4. While the onion mixture is cool, put the ground beef, 4 tablespoons rolled oats and the egg in the bowl and gently mix, by hand.

5. Add the cooled onion mixture and gently mix again until everything is thoroughly incorporated. Do not over mix.

6. Form the mixture into a loaf about 8 x 4 inches and put on the prepared baking sheet.

7. To make the glaze: Put the tomato paste and mustard in a small bowl and mix well. Rub on top of the meatloaf and sprinkle with the remaining 2 tablespoons rolled oats.

8. Put in the oven the cook about 1 hour until it is deep brown and cooked throughout. Serve right away or cover and refrigerate up to 2 days.

Notes

- When using ground turkey add an extra egg.
- Recipe can also be used to make a burger.

USDA Center for Nutrition Policy and Promotion

Meatloaf (FDD)

Makes: 6 Servings

This meatloaf is very moist and simple to make for lunch or dinner. Serve with vegetables, rice, pasta, or potatoes, or slice to make sandwiches.

Ingredients

- 1 pound** ground beef
- 1 can** low-sodium cream style corn (about 15 ounces)
- 1/2 cup** onion (diced)
- 1 teaspoon** garlic (finely chopped)
- 1/2 cup** water
- 1/2 cup** cornmeal
- 2 tablespoons** egg mix
- 1/4 teaspoon** salt
- 1/4 teaspoon** black pepper
- nonstick cooking spray

Directions

1. Preheat oven to 375 degrees F.
2. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
3. Add corn, onions, and garlic to pan, and cook for an additional 10 minutes.
4. Add water, cornmeal, egg mix, salt, and pepper to the beef mixture. Stir well and cook for 15 minutes.
5. Use a large iron skillet or loaf pan. Spray pan with nonstick cooking spray. Form beef and cornmeal mixture into a loaf in a pan.



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 292 | |
| Total Fat | 13.5 g | |
| Protein | 18 g | |
| Carbohydrates | 26 g | |
| Dietary Fiber | 2 g | |
| Saturated Fat | 5 g | |
| Sodium | 262 mg | |

6. Cover pan with an oven-safe lid or foil and bake for 35 to 40 minutes.

Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

A Harvest of Recipes with USDA Foods

Mom's Mac and Cheese

Makes: 8 Servings

The pasta used here is whole wheat rotini. Rotini is a type of spiral pasta. Dress this recipe up, before baking, by adding chopped broccoli and cheese to the pasta.

Ingredients

1 package whole-wheat rotini, uncooked (about 1 pound)
1 1/2 cups cheddar cheese (shredded)
4 eggs
3 cups fat-free milk
1/2 teaspoon paprika (if you like)
1 teaspoon prepared mustard
1/4 teaspoon black pepper
1/2 cup corn flakes cereal (crushed)

Directions

1. Heat oven to 400 degrees F.
2. Cook rotini according to directions on package. Drain well.
3. Beat the eggs in medium bowl. Add milk, pepper, and mustard to the beaten eggs. If using paprika, add that too.
4. In an 9x13-inch baking dish, layer the rotini with the cheese. Keep making layers until all of the rotini is used, ending with cheese on the top.
5. Pour the egg/milk mixture over the rotini and cheese.
6. Sprinkle the crushed corn flakes over the top of the pan.
7. Bake 30 to 40 minutes until the casserole is firm in the center.

Notes

Tip: Try adding your favorite vegetable, such as chopped broccoli, to the pasta and cheese before baking.

New Orleans Red Beans

Makes: 8 servings

Ingredients

- 1 pound** red beans (dry)
- 8 cups** water (2 quarts)
- 1 1/2 cups** onion (chopped)
- 1 cup** celery (chopped)
- 4** bay leaves
- 1 cup** green pepper (chopped)
- 3 tablespoons** garlic (chopped)
- 3 tablespoons** parsley (chopped)
- 2 teaspoons** thyme (dried, crushed)
- 1 teaspoon** salt
- 1 teaspoon** pepper (black)

Directions

1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a large pot combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1-1/2 hours until beans are tender. Stir. Mash beans against side of pan.
3. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy (about 30 minutes). Remove bay leaves.
4. Serve with hot cooked brown rice, if desired.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 100 | |
| Total Fat | 0 g | 0% |
| Protein | 6 g | |
| Carbohydrates | 18 g | 6% |
| Dietary Fiber | 7 g | 28% |
| Saturated Fat | 0 g | 0% |
| Sodium | 310 mg | 13% |

Oriental Rice

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 **tablespoon** vegetable oil
- 2 egg (beaten)
- 3 **1/2 cups** brown rice, cooked (or white rice)
- 1 **cup** chicken breast, ham or pork, cooked (and chopped)
- 1 **cup** mixed vegetables, cooked (and chopped)
- 2 green onion (sliced)
- soy sauce or hot sauce to taste (optional)

Directions

1. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble.
2. Remove cooked eggs and set aside.
3. Add the rest of oil (2 teaspoons) to pan. Stir fry rice, breaking up lumps by pressing rice against pan.
4. Add leftover meat and/or vegetables. Stir fry until heated.
5. Add green onions, reserved eggs and sauce to taste. Serve hot.
6. Cover and refrigerate leftovers within 2 hours.

Oregon State University Cooperative Extension Service, Pictorial R
Nutrition Program and ONIE - Oklahoma Nutrition Information and E

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 310 | |
| Total Fat | 7 g | 11% |
| Protein | 19 g | |
| Carbohydrates | 46 g | 15% |
| Dietary Fiber | 5 g | 20% |
| Saturated Fat | 1.5 g | 8% |
| Sodium | 190 mg | 8% |

MyPlate Food Groups

| | |
|---------------|--------------|
| Vegetables | 1/4 cup |
| Grains | 1 1/2 ounces |
| Protein Foods | 1 1/2 ounces |

Oven Crispy Chicken

Makes: 8 Servings

A tasty dinner favorite that everyone will love. The chicken is breaded with crushed corn and rice biscuits cereal in place of bread crumbs.

Ingredients

nonstick cooking spray
1 cut-up whole chicken (skin removed, about 3 pounds)
1/4 cup low-fat milk
1/2 cup flour
1 teaspoon paprika
1/2 teaspoon black pepper
1 cup corn and rice biscuits cereal (crushed)
2 tablespoons vegetable oil

Directions

1. Preheat oven to 400 degrees F. Coat a baking sheet with nonstick cooking spray.
2. Place milk in a bowl. Add chicken pieces and turn them until they are coated in milk.
3. Combine flour, paprika, salt, and black pepper in a dish. Place cereal in a separate dish.
4. Dip chicken pieces in flour mixture until they are coated. Dip back into the milk, then roll chicken in cereal until coated. Place chicken on a baking sheet. Drizzle with oil.
5. Bake for 10 to 15 minutes. Turn chicken pieces over, and bake another 15 minutes or until chicken is cooked through and crust is crispy.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 380 | |
| Total Fat | 16 g | |
| Protein | 50 g | |
| Carbohydrates | 6 g | |
| Dietary Fiber | 0 g | |
| Saturated Fat | 4 g | |
| Sodium | 230 mg | |

Party-Time Pasta

Rating: ★★☆☆

Cook time: 30 minutes

Makes: 6 servings

Ingredients

1/2 pound turkey, lean ground
1 teaspoon paprika
1 can tomatoes, crushed (14 1/2 ounces)
1 can chicken broth, reduced sodium (14 1/2 ounces)
2 cups pasta, bow-tie, uncooked
3 cups frozen vegetables such as carrots, broccoli and cauliflower, thawed
 Tasty Topping:
1/2 cup parsley (chopped fresh or dried)
1/4 cup bread crumbs, seasoned, dry
1/4 cup Parmesan cheese (grated)

Directions

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.
4. Prepare the Tasty Topping. Mix parsley, bread crumbs and Parmesan cheese. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving.

California Department of Health Services, Kids...Get Cooking!California Children's 5-a-Day Power Play Campaign

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 220 | |
| Total Fat | 6 g | 9% |
| Protein | 14 g | |
| Carbohydrates | 27 g | 9% |
| Dietary Fiber | 4 g | 16% |
| Saturated Fat | 2 g | 10% |
| Sodium | 330 mg | 14% |

Quick Tuna Casserole

Makes: 6 Servings

Use ready-to-eat Cream of Mushroom soup to make this old favorite. We used reduced sodium soup.

Ingredients

4 cups water
5 ounces egg noodles
10 ounces cream of mushroom soup
1/3 cup skim milk
1 can tuna
1 cup green peas (frozen)
1 cup breadcrumbs

Directions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs. 8. Bake for 30 minutes.

Quick'N Cool Summer Salad

Makes: 8 servings

Ingredients

14 ounces elbow macaroni
1 can green beans (16 ounce, drained, or other vegetable)
1 can tuna packed in water (7 ounces, drained and flaked)
1 cup cheese (diced)
1/2 cup sweet pickles (diced)
1/2 cup onion (diced)
1 cup yogurt, plain
1/2 cup mayonnaise, light
1 1/2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon seasoned pepper

Directions

1. Prepare elbow macaroni according to package directions and drain.
2. Add vegetables, tuna, onions, cheese, and pickles.
3. Mix yogurt, salad dressing, lemon juice, salt and seasoned pepper.
4. Toss with macaroni mixture.
5. Chill before serving.
6. Refrigerate leftovers promptly.

Washington State University Extension, Favorite Recipes for Family Meals

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 360 | |
| Total Fat | 12 g | 18% |
| Protein | 18 g | |
| Carbohydrates | 46 g | 15% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 4.5 g | 23% |
| Sodium | 500 mg | 21% |

Red Beans and Rice

Rating: ★★

Makes: 8 servings

Ingredients

- 2 cups** red beans, dry
- 8 cups** water
- 1 1/2 cups** onion (chopped)
- 1 cup** celery (chopped)
- 4** bay leaves
- 3 tablespoons** garlic (chopped)
- 3 tablespoons** parsley (chopped)
- 2 teaspoons** thyme (crushed, dried)
- 1 teaspoon** salt
- 1 teaspoon** black pepper
- 1 cup** green pepper (chopped)

Directions

1. Pick through beans to remove bad beans. Rinse beans thoroughly.
2. In a 5-quart pot, mix beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat.
3. Cover and cook over low heat for about 1-1/2 hours or until beans are tender. Stir and mash beans against side of pan.
4. Add garlic, parsley, thyme, salt, black pepper, and green pepper.
5. Cook uncovered, over low heat, until creamy, about 30 minutes. Remove bay leaves. Serve over hot cooked rice.

Food and Drug Administration (FDA), Eating for a Healthy HeartDown Home Healthy: Family Recipes of Black American Chefs Leah Chase and Johnny RiversNational Institutes of Health (NIH)

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 210 | |
| Total Fat | 1 g | 2% |
| Protein | 14 g | |
| Carbohydrates | 39 g | 13% |
| Dietary Fiber | 15 g | 60% |
| Saturated Fat | 0 g | 0% |
| Sodium | 310 mg | 13% |

Red Beans and Rice (CNPP)

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 1hour, 20minutes

Makes: 4 Servings

Red kidney beans and tomatoes and flavored with garlic, onions, peppers and seasonings and simmered until tender. Serve the bean mixture over rice and top with avocado and cilantro for a traditional meal or side dish.

Ingredients

- 1 cup** uncooked brown rice
- 2 teaspoons** vegetable oil
- 2 cloves** garlic (peeled and minced)
- 1** small yellow onion (chopped)
- 1** bell pepper (cored, seeded, and chopped)
- 1 ounce** water
- 1** fresh tomato (coarsely chopped)
- 1/2 teaspoon** salt
- 1/8 teaspoon** ground cumin
- 2 cans** 15.5 ounce low-sodium red kidney beans (drained and rinsed)
- 1 1/2 cups** water
- 1** avocado (peeled, pitted and chopped)
- 2 tablespoons** fresh cilantro (chopped, optional)

Directions

To prepare the rice:



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 444 | |
| Total Fat | 10 g | 15% |
| Protein | 17 g | |
| Carbohydrates | 77 g | 26% |
| Dietary Fiber | 18 g | 72% |
| Saturated Fat | 2 g | 10% |
| Sodium | 567 mg | 24% |

MyPlate Food Groups

| | |
|------------|--------------|
| Vegetables | 2 1/4 cups |
| Grains | 1 1/2 ounces |

1. Put the rice and water in the pot and bring to a boil over high heat.
2. Turn the heat down to low and cook, covered, until the rice is tender, about 45 minutes.

To prepare the beans:

3. Place the large skillet on the stove over medium-high heat. When it is hot, add the oil. Add the garlic, onion, bell pepper, and 2 tablespoons water. Cook until the mixture is golden, about 10 minutes.
4. Add the tomato, salt, cumin, beans, and water and cook until the beans are very soft, about 20–30 minutes.
5. Divide the cooked rice among 4 bowls or plates, and top with equal amounts of the bean mixture.
6. Top with avocado and sprinkle with cilantro, if using.
7. Serve right away, or cover and refrigerate up to 3 days.

Notes

- For a less expensive option, leave out the avocado.
- Instead of brown rice, try quinoa, barley, or farro.
- Add cayenne pepper if more spice is desired.

USDA Center for Nutrition Policy and Promotion

Salmon Patties

Makes: 9 Servings

Choose a variety of protein foods, such as salmon and eggs, to improve nutrient intake. The whole wheat cereal or crackers punch up the nutrition value of this recipe.

Ingredients

- 2 large eggs, lightly beaten
- 1 **can** salmon, drained (about 15 ounces)
- 1 **cup** whole wheat cereal or crackers, crushed
- 1/2 **cup** 1% fat milk
- 1/8 **teaspoon** black pepper
- 1 **tablespoon** vegetable oil

Directions

1. In a medium bowl, use a fork to crumble salmon into very small pieces.
2. With fingers, crush cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly and shape into 9 patties.
5. Heat vegetable oil in a skillet.
6. Over medium heat, carefully brown salmon patties on both sides until thoroughly cooked, about 4 minutes per side.

Notes

Tip: Try using tuna instead of (or mixed with) salmon.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 130 | |
| Total Fat | 7 g | |
| Protein | 13 g | |
| Carbohydrates | 4 g | |
| Dietary Fiber | NA | |
| Saturated Fat | 1.5 g | |
| Sodium | 300 mg | |

Shepherd's Pie

Makes: 6 Servings

Ingredients

- 2 potatoes, large with skin, diced
- 1/3 cup milk, skim
- 1/2 pound ground turkey, 85% lean
- 2 tablespoons flour
- 1 package frozen mixed vegetables (10 ounces)
- 1 can vegetable stock, low sodium
- shredded cheese (optional)

Directions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375°F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.
7. Serve hot. Garnish with shredded cheese (optional).

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 212 | |
| Total Fat | 5 g | 8% |
| Protein | 12 g | |
| Carbohydrates | 31 g | 10% |
| Dietary Fiber | 5 g | 20% |
| Saturated Fat | 1 g | 5% |
| Sodium | 93 mg | 4% |

MyPlate Food Groups

| | |
|---------------|---------|
| Vegetables | 3/4 cup |
| Protein Foods | 1 ounce |

Simple Spaghetti and Meat Sauce

Makes: 4 Servings

Make your own meat sauce and spaghetti. This recipe uses canned beef for the meat sauce.

Ingredients

4 cups cooked spaghetti (about 1/2 pound dry)
nonstick cooking spray
1/2 cup onion (chopped)
3 cloves garlic (chopped)
1 1/2 cups canned beef (drained)
1 can low-sodium tomato sauce (about 15 ounces)

Directions

1. Cook spaghetti according to package directions. Drain well.
2. In a medium-size skillet coated with nonstick cooking spray, cook the onion and garlic over medium heat until soft.
3. Stir in beef and tomato sauce, and cook 10 minutes.
4. Spoon beef and sauce mixture over cooked spaghetti.

Simple Stuffed Peppers

Makes: 4 Servings

Ingredients

1 cup brown rice, uncooked
1 can black beans, unsalted (15 ounces)
4 bell peppers (any color)
1 cup cheddar cheese, shredded (reduced fat)
1 cup salsa
1 tomato, sliced
salt (to taste, optional)

Directions

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa and salt (optional).
7. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and

sprinkle with 2 tablespoons of cheese.

9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.

10. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.

Notes

Green bell peppers used for nutritional analysis and costing purposes.

Skillet Meals

Makes: 4 servings

Ingredients

- 1 package** broccoli (10 ounce, frozen, can also use mustard greens, collard greens or spinach)
- 2 cans** stewed tomatoes, low sodium (about 30 oz)
- 1 cup** brown rice (cooked)
- 1 can** white beans (15 ounces, rinsed and drained)
- pepper (to taste)
- oregano, basil, or hot pepper (other spices to taste, optional)

Directions

1. Steam greens in the stewed tomatoes using a small pan, pot, or electric skillet on medium-high heat.
2. Cook greens 10 to 20 minutes, until they are as soft as you like them. Stir gently.
3. Add the rice, canned beans, and seasonings.
4. Cook until heated through.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 250 | |
| Total Fat | 1 g | 2% |
| Protein | 13 g | |
| Carbohydrates | 49 g | 16% |
| Dietary Fiber | 12 g | 48% |
| Saturated Fat | 0 g | 0% |
| Sodium | 55 mg | 2% |

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Spaghetti with Quick Meat Sauce

Makes: 8 Servings

Instead of opening a jar of sauce, try this easy spaghetti with meat sauce on a weeknight. Serve with steamed broccoli, garlic bread, and roasted pears for dessert. The recipe makes enough for 8 servings. If you're serving only four for dinner, cook 8 ounces of spaghetti and freeze the leftover sauce.

Ingredients

- 1 pound** whole-wheat spaghetti
- 2 teaspoons** extra-virgin olive oil
- 1** large onion, finely chopped
- 1** large carrot, finely chopped
- 1** stalk celery, finely chopped
- 4 cloves** garlic, minced
- 1 tablespoon** Italian seasoning
- 1 pound** lean ground beef (90% or leaner)
- 1** 28-oz can crushed tomatoes
- 1/4 cup** chopped flat-leaf parsley
- 1/2 cup** grated Parmesan cheese
- 1/2 teaspoon** salt

Directions

1. Cook pasta according to package directions. Drain.
2. Meanwhile, heat oil in a large skillet over medium heat.
3. Add onion, carrot, and celery and cook, stirring occasionally, until the onion is beginning to brown, 5-8 minutes.



Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 357 | |
| Total Fat | 8 g | |
| Protein | 23 g | |
| Carbohydrates | 52 g | |
| Dietary Fiber | 9 g | |
| Saturated Fat | 3 g | |
| Sodium | 497 mg | |

MyPlate Food Groups

| | |
|---------------|--------------|
| Vegetables | 3/4 cup |
| Grains | 2 1/2 ounces |
| Protein Foods | 1 1/2 ounces |
| Dairy | 1/4 cup |

4. Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds.
5. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3-5 minutes.
6. Increase heat to high. Stir in tomatoes and cook until thickened, 4-6 minutes.
7. Stir in parsley and salt. Serve the sauce over the pasta, sprinkled with cheese.

Spanish Rice II

Makes: 6 Servings

Ingredients

- 1 pound** ground turkey, 85% lean (or ground beef)
- 1 cup** chopped onion
- 1 package** taco seasoning mix
- 1 can** tomatoes and green chiles (15 ounces)
- 3 cups** cooked rice
- 1/2 cup** shredded cheese, low-fat

Directions

1. In a large skillet or pot, brown ground turkey and cook onion. When done, use paper towel to soak up any grease.
2. Add remaining ingredients except cheese and mix together.
3. Heat until very hot.
4. Top with cheese before serving.

Notes

Cheddar cheese used for nutritional analysis and costing.

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 289 | |
| Total Fat | 11 g | 17% |
| Protein | 21 g | |
| Carbohydrates | 30 g | 10% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 3 g | 15% |
| Sodium | 519 mg | 22% |

MyPlate Food Groups

| | |
|---------------|--------------|
| Vegetables | 1/2 cup |
| Grains | 1 ounce |
| Protein Foods | 1 1/2 ounces |
| Dairy | 1/4 cup |